DUETdiabetes

Delivering Understanding, Education and Training

## September 2026 Newsletter

Dear valued contact,

# Welcome to our September Newsletter

This month, we're bringing you the latest news, practical insights and opportunities to support your ongoing diabetes education.

We take a look at what the new NICE type 2 diabetes guidance means in practice, highlight Hypo Awareness Week and the importance of recognising and managing hypoglycaemia, and share details of our upcoming DUET diabetes Open Workshops. We're also looking ahead to the events where you can meet the DUET diabetes team, including the Alliance of Private Sector Practitioners Conference, where Lynne Reedman will be presenting and exhibiting. Plus, discover Lynne's latest article on living well with diabetes in The Sole Alliance Magazine and find out what she'll be writing about next.

We hope you enjoy this month's issue!

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# Keep Your Diabetes Knowledge Up-to-Date – Join one of our Open Workshops



Looking to refresh your diabetes knowledge, develop practical skills or build confidence in an area of diabetes care? DUET diabetes Open Workshops provide an opportunity to learn in a supportive, practical environment alongside other healthcare professionals.

With upcoming sessions covering Diabetic Foot Screening, ABPI Assessment and more, there are opportunities to develop skills that can be put into practice straight away. Places are limited, so if you have been meaning to update your knowledge, now is the time to book. For upcoming dates, see the table below, with further workshops being planned across the UK.

**15 October 2026 | Diabetic Foot Screening | Suffolk**

**16 October 2026 | Diabetic Foot Screening | Suffolk**

**16 October 2026 | Insulin Awareness & Injection Technique | Suffolk**

**24 October 2026 | Diabetic Foot Screening | Northants**

**31 October 2026 | Diabetic Foot Screening | Hampshire**

**14 November 2026 | Diabetic Foot Screening | Coventry**

Whatever stage you are in your professional development, our expert-led workshops provide practical, evidence-based training designed to help healthcare and social care professionals deliver safer, more effective diabetes care. Keep an eye on our website for the latest workshop dates and secure your place early to avoid missing out.

Workshops in 2026

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## Come and Meet DUET diabetes at Upcoming Events



We're looking forward to getting out and about over the coming months and meeting healthcare and foot health professionals at some fantastic events across the UK. Events are a great opportunity for us to connect with professionals, share ideas, discuss the challenges facing diabetes care and explain how DUET diabetes can support you and your team through practical, engaging education and training.

We are looking forward to attending the Norfolk & Suffolk Care Support Providers Meeting in Taverham. Our next major event is The Alliance of Private Sector Practitioners Conference on 26–27 September in Hinckley, where Lynne Reedman will be both presenting and exhibiting. We'll also be exhibiting as well as running a workshop at the West Midlands Foot Health Conference on 6–7 November in Solihull.

If you're attending either event, make sure you come and say hello, we'd love to meet you!

**15 September 2026 | Norfolk & Suffolk Care Support Provider Meeting | Taverham, Norfolk**

**26-27 September 2026 | The Alliance of Private Sector Practitioners Conference | Hinckley, Leicester**

**1 October 2026 | Suffolk Care Conference | Kesgrave, Suffolk**

**6-7 November 2026 | West Midlands Foot Health Conference| Solihull, West Midlands**

Events in 2026

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## Brand New Training Option - Diabetic Foot Screening Blended Learning Programme



We're excited to be preparing for the launch of our new Diabetic Foot Screening Blended Learning Programme, a flexible, evidence-based course designed to support care homes, domiciliary and live-in care providers, private podiatry, foot health practitioners, and NHS healthcare professionals alike.

This comprehensive and engaging programme combines online learning with a virtual classroom and further support regarding in person practical competency assessment if required.  The training empowers teams to meet National UK standards, strengthen diabetic foot surveillance, and deliver holistic, high-quality care with confidence.

Whether you are looking to protect individuals from preventable complications, demonstrate excellence to families and inspectors, evidence a skilled workforce to commissioners, or simply build your own clinical confidence within a busy schedule, this course provides the knowledge, skills and reassurance to deliver safer, more effective diabetic foot care every day. Registering your interest early is recommended as we anticipate high demand ahead of the official launch later this year.

Find out more

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## Hypo Awareness Week – 14-20 September 2026




How confident are you when it comes to recognising and managing hypoglycaemia? Hypoglycaemia, or a "hypo", can be a serious complication of diabetes treatment, and recognising the signs and knowing how to respond quickly can make a real difference.

Hypo Awareness Week on 14 September is an opportunity to refresh our understanding of hypoglycaemia, from recognising common symptoms and understanding risk factors to supporting people who may have reduced or lost their awareness of hypos. For healthcare professionals, keeping these essential skills up to date is an important part of providing safe, effective diabetes care. Take the opportunity this Hypo Awareness Week to refresh your knowledge and keep hypoglycaemia on the agenda.

Date for your diaries, World Diabetes Day 14th November!

Hypo Awareness Week

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## Living Well with Diabetes – Read Lynne Reedman's Latest Article



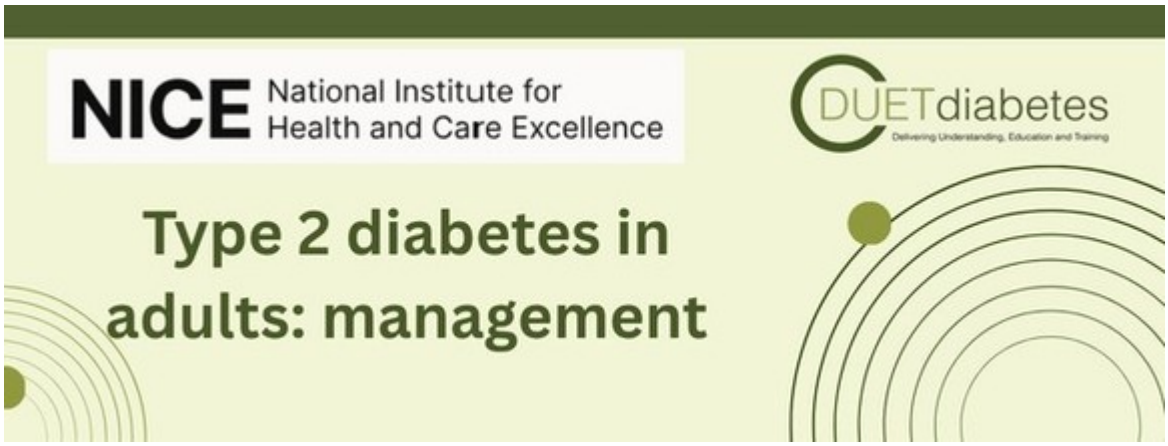

What does it really mean to live well with diabetes? In the latest issue of The Sole Alliance Magazine, DUET diabetes' Lynne Reedman explores this important topic, looking beyond blood glucose numbers and clinical targets to consider the wider picture of living with diabetes. From understanding your condition and building confidence to making everyday choices that support wellbeing, living well is about helping people feel informed, empowered and able to manage their diabetes as part of everyday life. The July issue of The Sole Alliance Magazine is out now, so why not take a look at Lynne's article and explore the rest of this informative publication for foot health professionals?

Don't miss the next issue! Lynne will be featuring again very soon, this time focusing on World Diabetes Day and the importance of understanding your risk of type 2 diabetes and taking action.

The Sole Alliance Magazine

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## The New NICE Type 2 Diabetes Guidance – What Does It Mean in Practice?




NICE has changed the starting point for type 2 diabetes treatment but what does that mean in practice? The updated guidance recommends that most adults newly diagnosed with type 2 diabetes should now be offered modified-release metformin alongside an SGLT-2 inhibitor, rather than starting with metformin alone. The change reflects growing evidence that diabetes treatment should look beyond blood glucose levels, with greater emphasis on protecting the heart and kidneys and reducing future complications.

The guidance also provides updated recommendations for people with cardiovascular disease, chronic kidney disease, early-onset type 2 diabetes and other individual circumstances. For healthcare professionals, understanding these changes will be key to supporting informed conversations with people living with diabetes and making treatment decisions that reflect their individual needs.

Find out what has changed.

**NICE Type 2 Diabetes Guidance**

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If you'd like to explore how DUET diabetes could support your team or discuss potential collaboration, please don't hesitate to get in touch. Alternatively, feel free to pass along our information to colleagues within your organisation, Primary Care Network (PCN), or Integrated Care Board (ICB) who may find it relevant.

Whether you are an individual practitioner/therapist or part of a larger organisation, please feel free to contact us for an informal chat about your diabetes training needs, we are always happy to help where we can.

**Contact us**

Warm regards

**Lynne Reedman & DUET diabetes team**

DUET diabetes Ltd









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